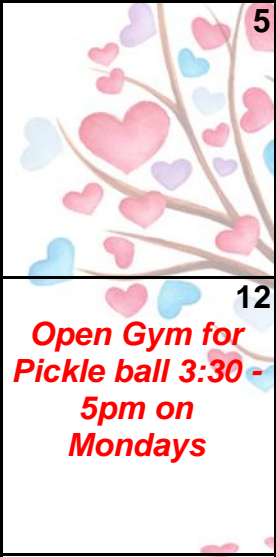



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Trips: Rawlings Conservatory & Gardens Friday March 10th 20.00 per person on day of trip 7.00 cash for entrance fee (exact change) Geppi's Entertainment Museum Friday March 31st. 35.00 person | | | 1 Yoga 10-11 Chair exercise @ 11 Cards games & puzzles | 2 Strength Training @ 10 Yaktrax @ 11 Tofu Cooking demo @12:15 <small>Groundhog Day</small> | 3 Chair exercise @ 11am Canasta & chicken-foot @ 12 | 4 Food Distribution @ FSC Friday Feb. 3rd |
| 5  | 6 Chair Exercise @ 10 Bowlers meet @ 12:15 Art Class 1:30-3 | 7 Strength Training @ 10 Wii Bowling @ 11 Trivia @ 11:30 | 8 Yoga 10-11 Chair exercise @ 11 Cards games & puzzles Bridge @ 12 | 9 Strength Training @ 10 Nutrition minute Canasta & games @ 12 | 10 Chair exercise @ 11am Canasta & chicken-foot @ 12 | 11 Yaktrax fits your shoe to help prevent falling in snow & ice <small>Tu B'Shevat</small> |
| 12 Open Gym for Pickle ball 3:30 - 5pm on Mondays | 13 Chair Exercise @ 10 Bowlers meet @ 12:15 Art Class 1:30-3 | 14 Strength Training @ 10 Wii bowling Cards games & puzzles Party @ 12 <small>Valentine's Day</small> | 15 Yoga 10-11 Chair exercise @ 11 Cards games & puzzles | 16 Strength Training @ 10 Canasta & games @ 12 I&A Elly 10-1pm Appointment | 17 Chair exercise @ 11am Canasta & chicken-foot @ 12 | 18 |
| 19 Nurse Steve What's the difference between anxiety depression & memory loss? | 20 Chair Exercise @ 10 Bowlers meet @ 12:15 Art Class 1:30-3 <small>Presidents' Day (US)</small> | 21 Strength Training @ 10 Wii bowling Nurse Steve @11 Cards & games | 22 Yoga 10-11 Chair exercise @ 11 Crafts with Sandy 10-12 | 23 Strength Training @ 10 Canasta & games @ 12 | 24 Chair exercise @ 11am Canasta & chicken-foot @ 12 | 25 |
| 26 | 27 Chair Exercise @ 10 Bowlers meet @ 12:15 Art Class 1:30-3 | 28 Strength Training @ 10 Make the donuts MARDI GRAS PARTY @12 <small>Mardi Gras</small> | <div> <h1>February 2017</h1> <h2>EMMITSBURG SENIOR CENTER</h2>  </div> | | | |